

LEHI LEGACY CENTER USA SWIMMING TEAM

"The Lehi Frenzy"

This is a highly competitive, yet fun, swim team that teaches the swimmers discipline, hard work and team work. Their strokes will be perfected through the workouts provided during practices.

It is important that each swimmer has the ability to swim each of the 4 competitive strokes. This insures that time will be spent coaching and improving upon skills already in place.

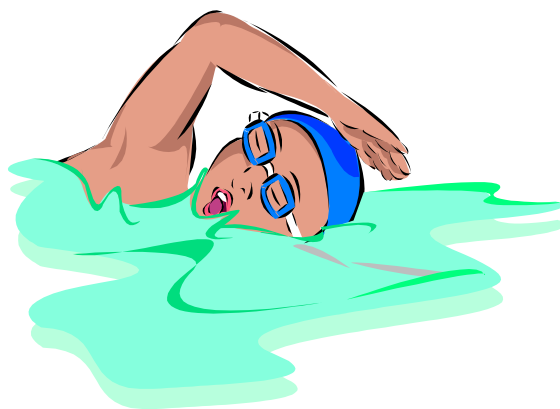
Requirements for being on the team:

- *Ability to swim all 4 strokes legally – Butterfly, Backstroke, Freestyle, and Breaststroke
Current USA Swimming Membership (\$60 if not currently registered)

Participant must have Legacy Membership

- *Must be able to swim between 200-500 yards without stopping depending on age.
- *Must have the desire to work hard and have fun!!
- *An initial swim evaluation is required to join the team.

See back of flyer for team times and descriptions.
*\$15 late fee if tuition is paid after the 10th of the month



×QUICK FACTS

What Lehi Aquatics (USA Swimming Team)
Where Lehi Legacy Center Pool
Start Dates 1st of each month
Days..... **SEE BACK OF FLYER**
Age 6yrs to 18yrs
Time **SEE BACK OF FLYER**
Fees..... **SEE BACK OF FLYER**

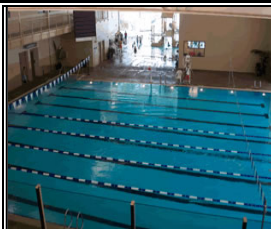
REGISTRATION

Registration office Monday-Friday from 8am-6pm

INFORMATION

For more information call the head coach A.J. Butler @ (801) 400-0447

**BIRTH
CERTIFICATE
REQUIRED FOR
REGISTRATION**



USA Swimming Team



Lehi Legacy Center
123 N Center St.
768-7124
www.lehi-ut.gov

Training groups, practice schedule and Fees

A brief evaluation is required for admittance to the team. Grouping will be based on age, skill and commitment to the sport.

Red Group 10 & Under: Mon/Wed/Fri 4:00-4:30

Requirements - Must be able to swim a 25 of backstroke and freestyle legally.
Must have been introduced to breaststroke and butterfly.
Expectations - Attend at least 1 practice a week and 2 meets per season
Cost - \$32 a month
\$60 One time fee for USA swimming membership (good for one calendar year)
\$6 for shirt and swim cap (mandatory)
Legacy Membership- Price varies according to plan.

White Group : Mon-Friday 4:30-5:30

Requirements - Must be able to swim a 25 of all 4 competitive strokes legally.
Expectations - Must attend a minimum of 3 practices a week and 3 meets per season plus the B/C finale or Utah State Championships
Cost- \$35 a month
\$60 One-time USA Swimming Membership fee. (good for 1 calendar year)
\$6 for shirt and swim cap (mandatory)
Legacy Membership - Prices will vary according to plan

Blue Group : Mon-Fri 4:30-6:00

Requirements - Must be able to swim a 50 of all 4 strokes legally.
Expectations - Must attend a minimum of 4 practices and 5 meets plus the B/C finale or Utah State Championships
Cost - \$38 a month
\$60 One-time USA swimming membership fee (good for 1 calendar year)
\$6 for shirt and swim cap (mandatory)
Legacy Membership - Prices will vary according to plan